Birchwood HONDA WEST

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Winnipeg metro

Your essential daily news | TUESDAY, MARCH 22, 2016

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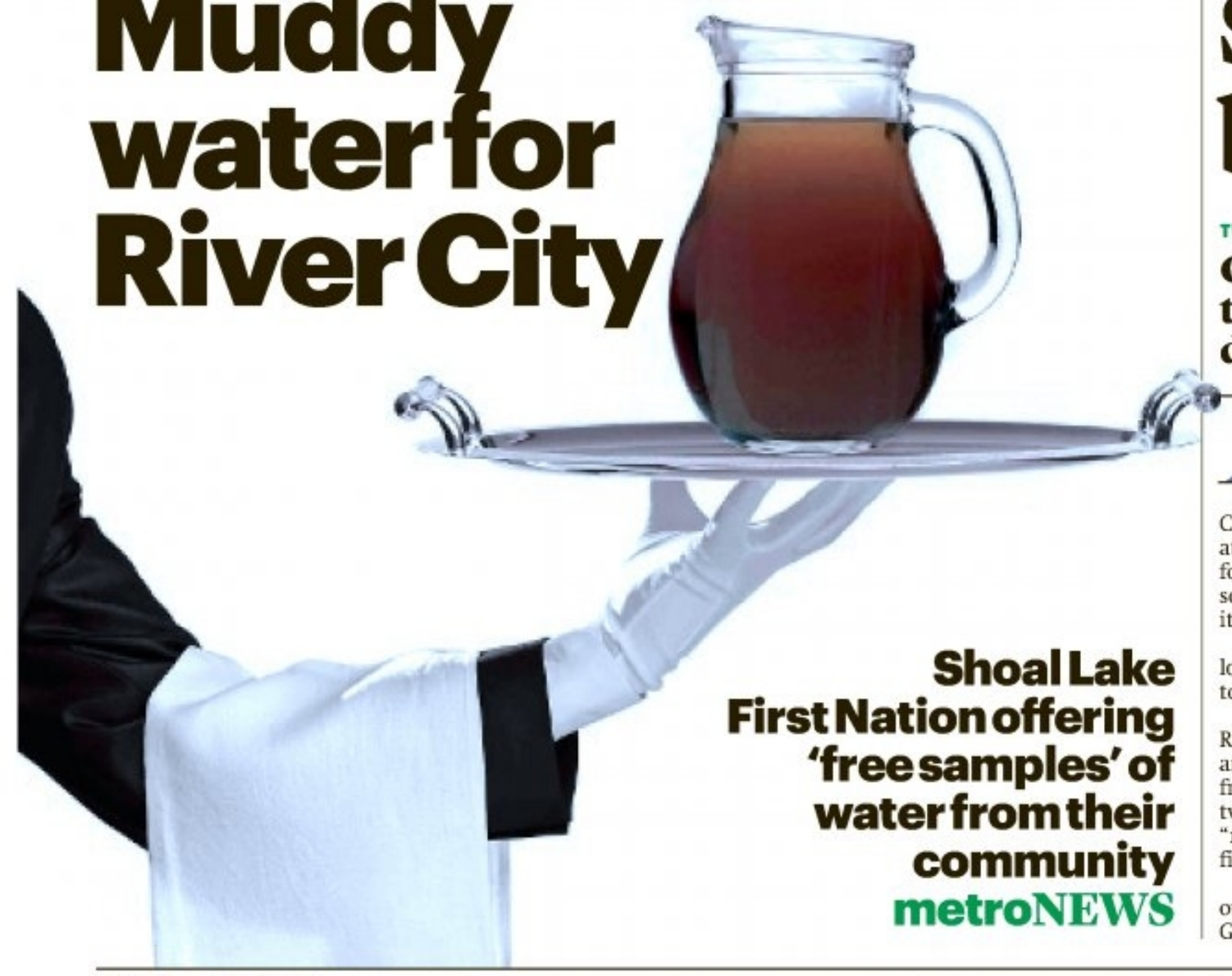
COAST TO COAST

What Metro readers want from PM moneybags

metroVIEWS

Muddy water for River City



Shoal Lake First Nation offering 'free samples' of water from their community

metroNEWS

Six petition for budget changes

TWO MOTIONS

Councillors unite the day before final deliberations open

Braeden Jones
Metro | Winnipeg

City council will have the full 2016 operating and capital budget on the table for debate Tuesday, but there may be some final-hour changes made before it passes.

Six dissatisfied Winnipeg city councillors presented a couple of amendments to the budget Monday.

Councillors Cindy Gilroy, Matt Allard, Russ Wyatt, Ross Eadie, Jason Schreyer and Shawn Dobson stood together in front of the mayor's office to present two motions to media with the goal of "restoring frontline services and about fixing (roads)."

"What we want to do is start fixing our roads sooner rather than later," said Gilroy of the latter motion, which would draw on a reserve fund to increase total spending on local and regional street renewal.

"(It's) asking to take some of the money sitting in a reserve and use it now instead of keeping it there and waiting," she said.

That motion also proposes directing $5.5 million slated for researching an inner ring road project towards a shortfall identified in the city's portion of funding for Freedom Road.

Allard said the second motion has to do with "vacancy management," and would see a budget item for $600,000 he said is going to "communication people, or as I've referred to them before, 'spin doctors'" and spending it instead on front-line service workers.

The motion also involves a reduction in the increase to the corporate support services budget line from $4.29 million down to $2.29 million, representing $2 million in savings.

Along with a further transfer of $600,000 bound for the permit reserve fund, the motion would direct $3.2 million total towards eliminating a proposed increase in vacancy management — returning it to 2015 levels.

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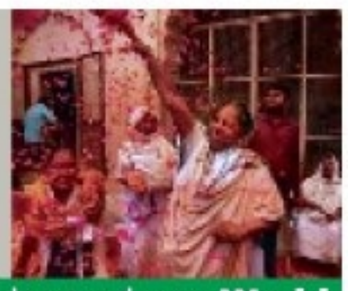


Hindu widows celebrate joyful holiday previously forbidden to them. **World**

Cameras to catch dumpers to roll out

Winnipeggers be aware: You can't just dump wherever you want, and cameras might catch you if you try.

The city is rolling out a two-year pilot project to catch people illegally dumping trash, and will scatter six covert closed-circuit cameras in "hot spot" dumping areas to catch culprits red-handed.

Coun. Devi Sharma, who proposed the pilot with Coun. Ross Eadie, said illegal dumping is a serious problem that affects neighbourhood liveability.

"And it's really difficult to lay charges against people who illegally dump without any visual evidence," she said.

In 2014, the city conducted more than 800 investigations—which amount to rifling through garbage to find evidence of the perpetrator's identity — and came up with sufficient evidence in only seven of those cases. Sharma said the pilot program is "really going to help curb the problem."

Funding to the tune of $55,000 over two years was approved by the Alternative Service Delivery Committee in September 2015.

The night-vision capable, solar-powered cameras will be at random locations with the highest volume of illegal dumping, and can pick up licence-plate details from as far away as 76 metres.

Individual fines for illegal dumping range from $600 to $2,000 depending on what has been dumped and how much has been dumped, and can cost between $1,200 and $4,000 for corporations like construction companies. BRAEDEN JONES/METRO

POLITICS

Councillor protests over budget process

One city councillor says the budget process hasn't changed despite promises from the mayor to be more transparent.

Coun. Russ Wyatt said Monday the budget process "has been very exclusive" and left councillors not on the mayor's executive policy committee in the dark.

He said the "strong mayor" model that Mayor Brian Bowman opposed before being elected in 2014 is "stronger today than it ever has been before," as many councillors don't feel they've "had (the) opportunity to have input" in the budget process.

"We've gone the wrong direction," Wyatt said. "We have to get back to the 2014 election, it's almost like we've had collective amnesia for the last year and a half … we have to get back to … fix our roads, deliver good municipal service, and an open and accountable government.

"That's what the citizens of Winnipeg said loud and clear in 2014, and I think that's what you're hearing (from these six councillors) today."

The city's capital and operating budgets are up for debate Tuesday. BRAEDEN JONES/METRO

Body cams chopped to save money: Police

BUDGET

Move results in $1M in savings to help close $2.45M gap

Braeden Jones
Metro | Winnipeg

The police board has found enough savings in its budget to avoid officer layoffs and save the cadet program.

In the home stretch of city budget crafting, the board advised the city that the police service would need $2.45 million more than the proposed $16.7 million increase in order to avoid reducing its complement.

"Nobody wanted to see the layoffs," Coun. Scott Gillingham, chairman of the police board said.

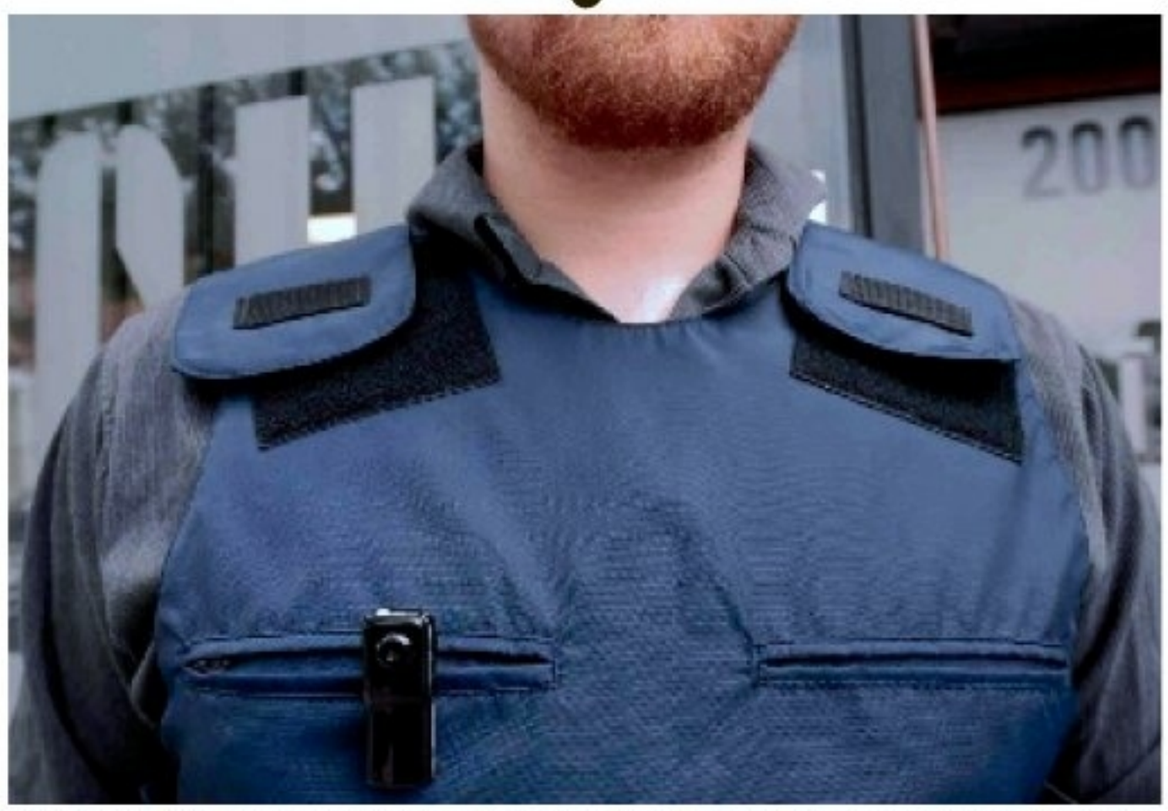
"The board has worked very hard over the last several days … to ensure there are no layoffs and the police service continues to be adequate and effective."

That small miracle follows a game of chicken played between the board insisting the cuts would happen no matter what, and Mayor Brian Bowman essentially saying "it is up to the police board" to use the money allocated.

When the executive policy committee voted unanimously to forward the budget without changes to the policing side of things to Tuesday's final budget presentation, the board had to make some tough choices.

One change — eliminating a pilot program to roll out a number of body-worn cameras, as recommended in the service's strategic plan — resulted in $1 million in savings.

"(That's) the biggest single adjustment the board is proposing to make up the $2.45-million gap and thus avoid layoffs," Gillingham said, adding the board is "going to continue to look at body worn cameras, and continue to discuss it and reintroduce the possibility (in the future)."



Body cams, like this one modeled by a Toronto police officer, will not be coming to a Winnipeg officer near you. TORSTAR NEWS SERVICE

> **The goal is to make up the full $2.45-million shortfall. The aim is to avoid layoffs.**
> Coun. Scott Gillingham

Gillingham explained that further savings were identified including an unspecified amount being made up through an "expenditure management account," but more details will be provided during his presentation to council Tuesday.

"The goal is to make up the full $2.45-million (shortfall)," he said. "The aim is to avoid layoffs."

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Search for missing woman continues

THELMA KRULL

57-year-old Thelma Krull disappeared last July

Relatives and friends of a Winnipeg woman who hasn't been seen since last summer have renewed a poster campaign with the hope that it will generate fresh clues to her disappearance.

Volunteers were out on the weekend putting up hundreds of posters that depict what Thelma Krull was wearing the day she disappeared.

Family and police have said the 57-year-old woman set out for a walk one morning last July and never returned to her north east-area home.

Bob Krull, Thelma's husband, says someone must know something about his wife's disappearance. Krull says police are still getting tips but nothing that's concrete. The only thing police found during their search last year was a pair of glasses that belong to the missing woman.

Thelma Krull's husband Bob Krull speaks to media last year. METRO FILE

"We're suffering here and we just want answers. The family needs to grieve if that's what happened, if she's deceased. We haven't given up," said Krull's husband.

Cathy Lucas has been helping with the search since last year.

> **We're suffering here and we just want answers.**
> Bob Krull

She said she doesn't know Krull or the family, but the disappearance hits close to home.

"I live in this community. We just want to take it back and be part of this. Hopefully with these new posters we can help find her and find a clue." said Lucas.

THE CANADIAN PRESS

'Water bar' to display First Nations crisis

Braeden Jones
Metro | Winnipeg

Picture a waiter with a pitcher of water, and imagine the water isn't clear.

On Tuesday, that grim image will be made a reality in Winnipeg as lobbying group Friends of Shoal Lake 40 will open a "water bar" from 11 a.m. to 1 p.m. in the skywalk between the Millennium Library and the new police headquarters on Graham Avenue.

Sharon Redsky said the fancily dressed waiters will have murky, "muddy"-looking water on hand for people to observe and smell, along with information on the state of drinking water for many First Nations.

It isn't pretty, but for seven First Nations communities in Manitoba and 117 in Canada lacking easy access to clean drinkable water, it's their day to day life.

"Water is such a sacred item … we all have to live with water, so we all have to take care of it, and make sure everybody has access to clean water," Redsky said. "It's a human right."

On March 7, following a visit and presentation from Linda Redsky, a resident of Shoal Lake 40 First Nation (under a boil-water advisory for 19 years), the United Nations expressed concern about "restricted access to safe drinking water and to sanitation by the First Nations as well as the lack of water regulations for the First Nations living on reserves."

Tuesday's event is meant to draw attention to the issue and give people the opportunity to sign notes in solidarity with the Friends of Shoal Lake 40 in lobbying the federal government to improve the situation for all affected Canadian First Nations.

TRANSIT TUESDAY
Weekly Transit News Update

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MILLENNIUM LIBRARY SERVICE CENTRE
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Vows for health, debt, roads

METRO, WITH FILES FROM THE CANADIAN PRESS

ALL PHOTOS ISTOCK

The Conservatives

Manitoba Progressive Conservative Leader Brian Pallister is promising to cut health-care wait times if the party wins the April 19 election.

He says he would set up a committee, which would include frontline workers, to recommend steps to reduce wait times.

Pallister says the aim would be to have a report back within six months to ensure measures were taken quickly.

Statistics from the Canadian Institute of Health Information and other agencies have shown Manitoba emergency rooms have among the longest wait times in the country.

NDP Leader Greg Selinger says the Tory promise is vague and contains no formal commitment.

The New Democrats

Manitoba NDP Leader Greg Selinger says he will turn student loans into non-repayable grants if re-elected.

He's also promising free tuition up to age 25 for students in the child-welfare system and to double funding for scholarships and bursaries. Selinger says the $40-million price tag for the NDP's plan is affordable within the government's fiscal projections. The Manitoba Liberals have also promised to convert student loans into grants at a cost of $10 million.

Selinger says the Liberals have underestimated the cost. The NDP also said they would spend $125 million to upgrade recreation facilities, including $10 million earmarked for northern Manitoba.

The Liberals

Manitoba Liberals say a major highway project won't go ahead if they win next month's provincial election.

Leader Rana Bokhari says a planned $400-million bypass around St. Norbert at the south end of Winnipeg is not a priority, and the money should be redirected to fixing existing roads.

The NDP government recently announced the bypass as a way to ease congestion and allow U.S. trucks a smoother, faster route into the city. Bokhari says it's more important to repair and improve current roads.

The Liberals estimate the bypass money could instead repair 270 kilometres of streets. The party also vows to double the $50 million spent last year on back lanes, bridges and other road works.

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Tourney to fight hunger

COMMUNITY

Students plan dodgeball event to help the homeless

Meg Crane
For Metro

Christian Melendez Gallegos (back left), Sukhman Pannu, Rory Picton Noah Hinds, Jeremie Minani and Brendan Yeryk will face off to raise money for Winnipeg Harvest. MEG CRANE/FOR METRO

Sounds like these students are about to have a ball.

After a student at Windsor Park Collegiate (WPC) passed some of the city's most vulnerable on the streets daily, he and his friends decided to do something about it — in the form of a dodgeball tournament.

Student Jeremie Minani buses past Higgins Avenue and Main Street when heading to and from school every day.

"I remember seeing somebody who was really cold on the street. As I was passing by, I kind of felt like we should do something about it," said Minani.

A member of the WPC's career internship program, Minani and five of his friends talked to the program's partner, Protegra, which runs the Butterfly Project.

"People can come together who either have an idea and need help making it happen, or want to find an idea or want to discover an idea for a need in the community and get the resources they need to figure out what they can do quickly and how to make that small thing grow bigger," said Chris Loewen of Protegra.

When Minani's group chose to support Winnipeg's homeless, they initially wanted collect warm clothing.

> **We are going to actually help the students in the school do something for the community.**
> Jeremie Minani, student

However, Loewen said he encouraged them to go to Downtown Winnipeg BIZ and find out if there was a greater need.

The students discovered food is a bigger need, so they planned a dodgeball tournament that will raise money and collect food for Winnipeg Harvest.

About 17 teams of seven students signed up for the one-day tournament, which happens Tuesday.

While the project is for WPC students, they encourage others to get involved by making a donation to Winnipeg Harvest on their own.

TRANSGENDER RIGHTS

Inclusive policy is one step closer

Braeden Jones
Metro | Winnipeg

The Winnipeg School Division is one step closer to breaking new ground in Manitoba after pushing its transgender-inclusive policy through to a second round of consultations.

The "Safe and Caring Policy in support of Trans and Gender Diverse Students and Staff" will be distributed to parent councils, student groups, and staff for review.

Trustee Lisa Naylor, the policy committee chairwoman and trustee who originally introduced the policy in the fall, said it's now in the "later stages."

"Based on the feedback we'll be able to complete this process," Naylor said.

The extra round of consultation is necessary, she said, because trustees "need to be sure (they) are meeting the needs of the community."

Montreal eyes bottled water ban

ENVIRONMENT

Industry wants city to consider recycling as a better solution

A passing mention by Montreal's mayor that plastic-bottled water is next on the city's environmental to-do list has caught the industry's attention.

After moving to ban plastic bags by 2018, Mayor Denis Coderre hasn't announced any firm game plan on the bottle issue. "But the debate is important," Coderre said recently. "We need to have that debate on plastic."

The Canadian Beverage Association, which represents major players such as Coca-Cola, Pepsi Co. and Nestle, has hired a lobbyist to deal with the city.

"We don't think banning (bottled) water is a solution," says Martin-Pierre Pelletier, suggesting a ban would only deprive residents of choice.

Pelletier said the perception that people favour bottled water over the tap variety isn't accurate, noting 91 per cent of those who drink bottled water reach for the tap at home.

ISTOCK

An industry finding shows two-thirds of adults who buy bottled water do so instead of another packaged beverage. The industry wants the city to favour a recycling solution.

According to the Canadian Bottled Water Association, the national recycling rates for plastic beverage bottles was about 72 per cent. Executive director Elisabeth Griswold says the group considers anything less than 100 per cent unacceptable.

The plastic bottles are made of polyethylene terephthalate (PET), which is completely recyclable and reused in making water bottles, Pelletier said.

"Instead of banning a product that is healthy, useful, we believe we should spend our time and efforts in building up public space recycling," he said.

THE CANADIAN PRESS

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Apple VP Greg Joswiak unveils the new iPhone SE in California on Monday. GETTY IMAGES

Apple unveils smaller iPhone

Apple unveiled a small new iPhone, a new iPad tablet for business use and knocked $50 US off its Apple Watch at a product event Monday. The announcements, which were largely expected, aim to keep up the company's commercial momentum in the face of unexpected challenges.

The new phone — the iPhone SE — is an upgrade to the older, four-inch iPhone 5S, released in 2013. It's aimed at consumers who haven't sprung for the bigger-screen iPhone 6 models that Apple introduced over the last two years. The new phone comes with features like Apple Pay and the company's fastest processor, which have been offered only on versions of the iPhone 6.

THE ASSOCIATED PRESS

UNLOCK FIGHT

Hearing cancelled
A hearing between the U.S. Federal government and Apple has been cancelled as FBI works with 'outside party' to unlock San Bernardino attacker's iPhone.

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Border wall splits voters

POLITICS

Residents near the U.S.-Mexico divide react to Trump's plan

Donald Trump's ambitious plan to build a giant wall on the border with Mexico hits close to home for many people. As the presidential contest shifts to Arizona and its Tuesday primary, Trump's wall stirs up a range of emotions among border-area residents.

Reporters interviewed people who live on the border to get their perspective on Trump's border wall plan:

BACK AGAINST THE WALL
For Jim Chilton, illegal immigration and drug smuggling isn't just something he hears about on the news: He lives with it every day as smugglers routinely cross the border on his property.

"We need a wall. We need forward operation bases. We need Border Patrol to be down there all the time," Chilton said. "We just need to secure that international boundary at the border, period."

BOTHERED IN BISBEE
Artist Kate Drew-Wilkinson lives in Bisbee, Ariz., where she owns a gallery a few miles north of the border. Drew-Wilkinson opposes Trump and his wall proposal, saying he's a bully who is dangerous to the United States.

"I don't think he has a real understanding of the geography or the sheer difficulty of building a wall of that kind," said, Drew-Wilkinson. "And it's ugly. The whole thing is really ugly."

A SOLID FOUNDATION
John Ladd is a cattle rancher whose roughly 15,000-acre ranch abuts the border near Naco, Ariz. Ladd simply likes that Trump has been talking about illegal immigration since the beginning of his campaign.

"That really rang a bell with me and a lot of the ranchers, that finally we had somebody in the political arena that wasn't worried about being politically correct and talked about the problem that is actually happening," he said

CONFLICTED REPUBLICAN
Hector Orozco manages a manufacturing company south of the border with offices on the American side. He is also an immigrant from Mexico who became a U.S. citizen and traditionally voted Republican.

But Orozco said he can't get behind the party. "It's like they're trying to distract us from the bigger problems," he said. "(Illegal immigration) is a problem, but it's not the biggest problem."

THE ASSOCIATED PRESS

Jim Chilton supports the wall and doesn't go anywhere on his Arizona ranch without his guns at the ready in case he encounters armed smugglers. BRIAN SKOLOFF/ THE ASSOCIATED PRESS

INDIA THE FUTURE IS BRIGHT Indian Hindu widows throw flower petals during Holi celebrations at the Gopinath temple, 180 kilometres southeast of New Delhi, India. A few years ago this joyful celebration was forbidden for Hindu widows.

Like hundreds of thousands of observant Hindu women they would have been expected to live out their days in quiet worship, dressed only in white, their very presence being considered inauspicious for all religious festivities. MANISH SWARUP/THE ASSOCIATED PRESS

VACATIONS

Canadians hit Cuba ahead of U.S. tourists

Zane Woodford
Metro | Halifax

> No one knows at this point what those changes are going to represent in terms of Canadian travellers. Blair Jarrett, Maritime Travel

As Cuban-American relations continue to thaw, a Canadian travel agency says travellers from this country are hoping to hit the beaches before changes for American travellers take hold.

"No one knows at this point what those changes are going to represent in terms of Canadian travellers vacationing there, but there's certainly a sense of wanting to get in before it does," says Blair Jarrett, Halifax-based Maritime Travel senior director of marketing.

While travel to Cuba for tourism is still technically banned for Americans, President Barack Obama's administration has continued to ease up on restrictions.

Since last year, Americans have been able to travel to Cuba under 12 categories including family visits, religious activities, and educational activities. Before last week, people travelling for educational purposes had to travel in authorized tour groups, but now they'll just have to fill out a form saying they're not going to Cuba just to drink on a beach.

"I think there's quite a bit of red tape and quite a bit of organizing that has to happen before Americans start arriving in droves at the all-inclusive resorts," said Jarrett in an interview Monday, though he acknowledged that is bound to affect prices eventually.

Jarrett said Cuba has long been a preferred destination for Canadian travellers, with more than one million annual bookings, but this year, it's been even more popular.

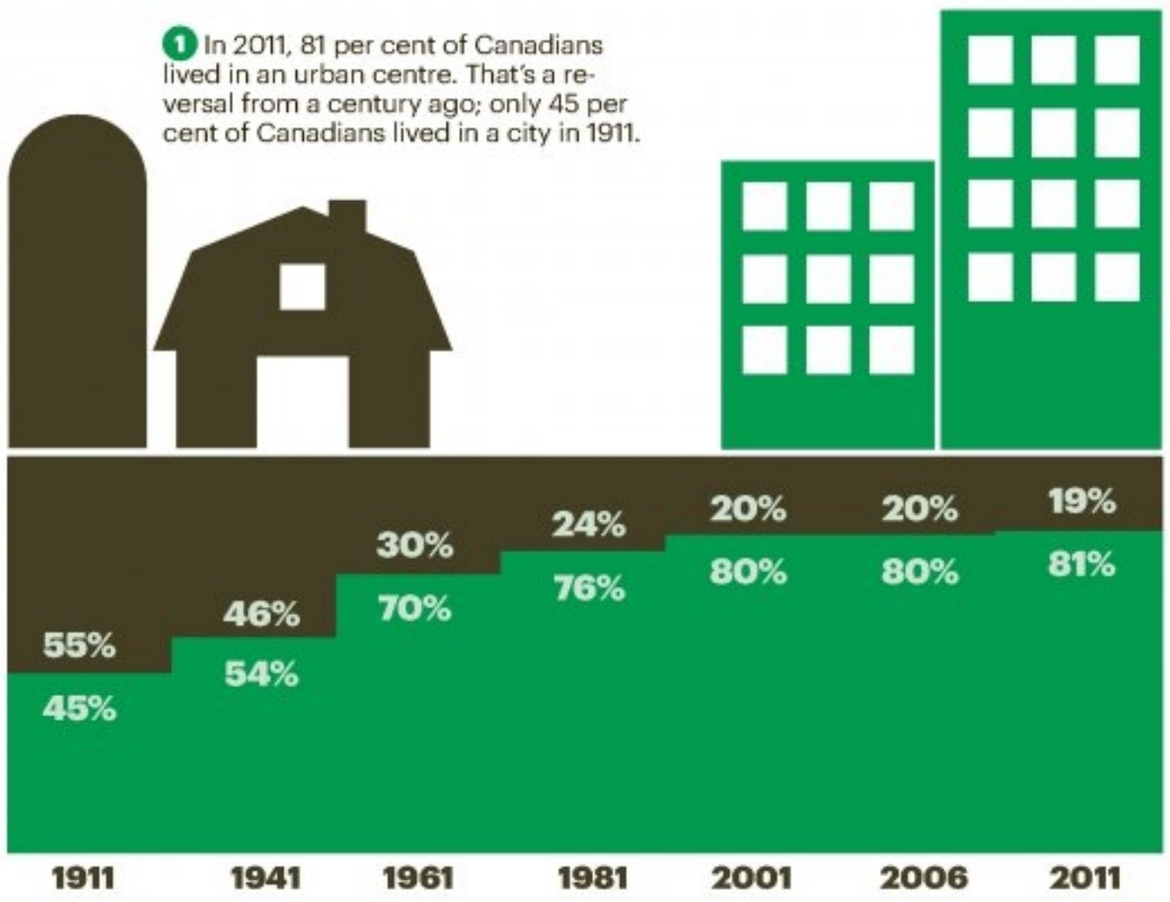
"There's certainly a fondness there, and for people who love that, or even maybe have not been before, there's a certain charm and a certain character that they would like to experience in case it might change moving forward," he said.

THE 2016 FEDERAL BUDGET

Rise of Canada's cities

Luke Simcoe
Metro | Toronto

The Liberals are billing Tuesday's big budget reveal as a step forward for cities and are expected to announce funding for much-needed municipal projects such as transit and housing. But why all the attention — and money — for our big cities? Experts say it's because Canada, like other countries, has become a truly urban nation, and Ottawa is finally taking notice.



1 In 2011, 81 per cent of Canadians lived in an urban centre. That's a reversal from a century ago; only 45 per cent of Canadians lived in a city in 1911.

2 According to 2009 data, 72 per cent of Canada's GDP was produced in urban centres. In fact, over 50 per cent of the GDP can be traced to just six cities: Toronto, Montreal, Vancouver, Edmonton, Calgary and Ottawa.

3 Canada's cities are magnets for newcomers. Nine out of every 10 immigrants coming to Canada reside in a metropolitan area, according to Statistics Canada. The country's three largest cities — Toronto, Montreal and Vancouver — accounted for nearly 63 per cent of all new arrivals between 2006 and 2011.

4 Canadian cities are younger. Data from the 2011 census shows urban areas have a higher proportion of residents under the age of 65 than rural ones.

GRAPHIC BY ANDRES PLANA/METRO

IN BRIEF

Arbitrator slashes owed amounts of 10 senators

A former supreme court justice says some of the flagged expense claims by senators should not have been charged to taxpayers.

Arbitrator Ian Binnie reduced repayment bills for 10 of 14 senators who challenged the auditor general's findings to $131, 853 from $276, 566.

THE CANADIAN PRESS

POLITICS

Ex-Toronto mayor Rob Ford in palliative care, says office

Rob Ford's family is trying to make him as comfortable as possible as he continues to battle cancer in palliative care at Toronto's Mount Sinai Hospital, his office has confirmed.

"Family members have been with him around the clock," said Ford's brother and former city councillor Doug.

"I have been at the hospital for the last five days and nights by his side.

"Rob is a fighter and continues to fight. We are so grateful for all the support for him from all over the world. It is incredible!"

> **We are so grateful for all the support for him.**
> Doug Ford

The former mayor's condition hasn't changed since Thursday, when his office put out a statement. Palliative care is typically defined as health care for those facing life-threatening illness.

By Monday afternoon, more than 6,400 messages of sympathy have been posted to a site set up by his family, GetWellRobFord.com.

"Dear Rob: I've always admired your 'authenticity' & your down-to-earth humanity," wrote one user, C. Lee. "I'm sure it's not easy as your traverse this difficult passage but try to stay strong & positive."

Ford, who dropped his mayoral reelection campaign in 2014 due to illness and was diagnosed with pleomorphic liposarcoma, was readmitted to hospital last fall after doctors found tumours on his bladder.

TORSTAR NEWS SERVICE

Rob Ford TORSTAR NEWS SERVICE

metro VIEWS

Your essential daily news

Tuesday, March 22, 2016

SHARE THE WEALTH
A 2008 study found people who spend a greater proportion of their income on others are happier.

THE 2016 FEDERAL BUDGET

What are you hoping for?

It's more than just a big number. The federal budget will affect the day-to-day lives of Canadians — helping or hindering them as they look for jobs, work to educate themselves or save to buy a home. The Liberals have promised support for the country's rapidly growing cities, so Metro asked people in each of its seven urban markets what they want — and need — to see in Tuesday's budget. **Here's what they said.**

'I would like to see more money given to post-secondary education, but also a renewed pledge to act on climate change.'
ADRIAN CHOONG, 20, HALIFAX

'The roads in Ottawa need so much work. Public transit is doing well with the new O-Train coming, so I'd rather focus on roads and bridges.' **SUMAIYA NAWAR**, 18, OTTAWA

'Without a roof over one's head, it's really hard to make a life of any quality... If we don't do something about (affordable housing) now, it'll have severe consequences for generations.' **RACHEL LISSNER**, 27, TORONTO

'There definitely should be money for the workforce... It will help the economy and get things flowing.' **TAMAR TCHICAYA**, 33, CALGARY

'Strong transit systems make strong cities, and Winnipeg is trying to build one. But we need help. I hope we'll see that.' **CIARA MACKINTOSH**, 32, WINNIPEG

'Right now, I'm just paying interest on my student loan ... not adding to the economy. If you want to build a strong economy with people who can contribute rather than just struggling, that would help.'
MARIA MAVROGIANNAKIS, 31, EDMONTON

'I want to see (Trudeau) follow through with his promise to legalize pot. If he taxes pot, and puts more tax on cigarettes and alcohol, it could bring in a lot of money.'
PETER LEVARSKY, 22, VANCOUVER

Will Trudeau keep his promises? Five things to watch for

Luke Simcoe
Metro | Toronto

During the election campaign, Justin Trudeau and the Liberals pledged to work on repairing the relationship with First Nations and invest heavily in Canadian cities and youth. As the government gets set for its big budget reveal Tuesday, these are some of the Liberals' key promises to keep in mind.

1 INVESTMENT IN INFRASTRUCTURE

The centrepiece of the Liberal platform was a $60-billion investment in infrastructure, spread out over 10 years. The plan is to spend a third of the cash on transit projects, a third on so-called "social infrastructure," like affordable housing, and another third on environmental initiatives. The government has also suggested it may be willing to commit more than its traditional one-third share to infrastructure projects.

2 YOUTH UNEMPLOYMENT

Recent data from Statistics Canada shows the youth unemployment rate hovering at about 13 per cent — nearly double the national average. To deal with that disparity, Trudeau and the Liberals have promised a $1.5-billion jobs plan that would create 40,000 new jobs for youth every year for three years.

3 STUDENT DEBT

Trudeau promised to inject about $750 million a year into the Canada Student Grants program, which would raise the grants for low-income, full-time students to $3,000 a year.

4 DEFICIT SPENDING

The Liberals distinguished themselves from other parties in the election by pledging to run a deficit in order to spend more on important programs. However, they said the deficit would be capped at $10 billion, a promise that could be broken come budget day. Recent indications from Finance Minister Bill Morneau suggest the actual deficit could be closer to $20 billion, which complicates another Liberal promise: to balance the books by 2020.

5 INDIGENOUS COMMUNITIES

The Liberal platform contained a number of promises to Canada's First Nations communities, including a $2.6-billion boost to aboriginal education funding and the promise of clean water for every indigenous community in four years. Some critics, including NDP MP Charlie Angus — whose riding includes the embattled Attawapiskat First Nation — have suggested the Liberals won't live up to their promises on the file, so this is definitely one area to watch on budget day.

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The U.N. weather agency has found 2015 was record hot and the first two months of 2016 even hotter. "These records vividly illustrate the destructive power of an El Nino on climate change steroids," says climate scientist Katharine Hayhoe.

Girls, need some ladyshoes?

PRODUCT TEST

Adidas thinks women don't need their shoes to go the distance

Zoe McKnight
Torstar News Service

I get up most weekday mornings around 5:30 a.m.

I usually head out in the near-dark for a run through Toronto's west end, down to Lake Ontario and back. I occasionally see another runner but most often, I'm alone. I have run three marathons, each with an under-four hour finishing time. I'm now training for the 30-kilometre Around the Bay Road Race in Hamilton, Ont.

I'm not the fastest runner but I'm committed. I've worn through countless pairs of running shoes. It had never occurred to me that women's feet could be so different from men's that they needed their own shoe. I recently tried the Adidas PureBoostX, which the sports company says is the first and only running shoe designed specifically for women runners.

Finally, I thought. A shoe that understands me. A shoe that listens.

"Flawless look. Effortless feel. A women's running shoe like no other," is how the marketing material describes the PureBoostX, which were released earlier this year and retails for $130 on adidas.ca.

Zoe McKnight takes the Adidas PureBoostX for a spin. TORSTAR NEWS SERVICE

ARCH SUPPORT

It's all about perception

Adidas wanted to build a shoe that moved with the foot, particularly around the arch. All testing and research focused on women using a size 7 shoe, rather than a men's size. That would keep the materials flexible, Angus Wardlaw, director of futures for Adidas, says. The new shoe's mesh upper wraps around the foot, leaving a gap under the arch, like compression tights but for feet. It's called a 'floating arch.' According to comments an Adidas official made on the website, arch support for the PureBoostX happens on a "proprioceptive level." Proprioception is running jargon that refers to a body's sense of its own position and movement. I gather that means support is more about perception.

ZOE MCKNIGHT/TORSTAR

But what is women's running? This sends me in a tailspin of doubt. My own runs, during heat waves and rain and Toronto's annual Snowmageddon don't feel effortless. Black toenails and salt stains don't look flawless. Trust me.

I'm a bit skeptical but Adidas seems to market the women's shoe for distance running.

"The longer your runs, the more kilometres you log each week. And the longer you keep up your routine, the less you're willing to put up with shoes created for a man," the company's Canadian website says.

During my first couple of test runs, including a hill repeat workout and an easy 10K to the lake and back, the shoes feel bouncy at first. But near the end I can feel the pavement a little too keenly.

As part of my race training, I was due for a 24-kilometre run. I wanted to see how the shoes would do. I ran along the Martin Goodman Trail from Parkdale in Toronto to Long Branch Park in Etobicoke and then home.

By the halfway point the bounciness seemed to give way, especially under the midfoot and toes. It felt like my own body weight was crushing and flattening the foam sole. I found myself wishing I had the beat-up trail runners I'd been wearing all winter.

When I told Adidas about my experience, the company said through a spokesperson that my discomfort wasn't surprising, since the shoe is really designed for distances between five and 10 kilometres, for women who include running as part of a larger workout routine.

I also spoke to an Adidas official about the rationale behind the shoes.

Distance running was once predominantly a man's sport but due to a "dramatic shift over the last 10 years," women now outnumber men in North American road races, Angus Wardlaw, director of futures for Adidas, told me.

"It's moved this big, fundamental shift away from the serious, competitive aspect to much more of a social aspect dominated by female runners," Wardlaw says.

While it's true more men than women enter marathons, more women than men enter road races at all other distances, according to a report from Athletics Canada. American races have seen the same trend.

But the marathon boom has included women. In the U.S., just one in 10 marathon participants were women in 1980. In 2015, it was more than four in 10, according to Running USA. And more women than men enter half-marathons, no small feat at 21.1 kilometres.

Hmm. The half-marathon — or in my case, the 30K, which organizers told me was an even split between male and female participants this year — still seems like serious running. So women are less competitive than men? Really? Somehow I don't think Lanni Marchant wanted to qualify for the Rio Olympics any less than Eric Gillis.

I like the idea that a sports company is catering to women — Adidas insists it has big plans for the future of women's running — but not what this shoe seems to imply: that we don't seriously want to run.

We just want to feel like runners.

RESEARCH

Testicular cancer not a death sentence

Testicular cancer is the most common form of the disease in young males and a new study out of the University of Calgary is showing a cure rate of almost 100 per cent in patients who are disease-free two years after diagnosis and treatment.

About 1,000 men are diagnosed with testicular cancer every year and if it is caught early, the survival rate is 99 per cent.

But in those cases where the disease has spread to other parts of the body the prognosis varies and scientists say the survival rates for men with advanced metastatic testicular cancer ranges from 50 to 90 per cent.

TWO YEARS AND YOU'RE CLEAR

Researchers at the university collected data from about 1,000 metastatic testicular cancer patients over a 12-year period and found that there was a 98 per cent cure rate for those men who were free of the disease two years after diagnosis and treatment.

"This is a paradigm shift for men with advanced testicular cancer," said Dr. Daniel Heng, a clinical associate professor at the University of Calgary's Department of Oncology. "For many cancers, the five year mark has been the gold standard. Only when you've passed the five-year mark are you thought to be at a very low risk of relapse.

Patients recovering from the disease typically have a CT scan every three months in the first year, every four to six months in the second and annually after that for five years following treatment.

Scientists say the new study now suggests that monitoring the patient through CT scans can be discontinued after two years of disease-free survival along with the associated blood tests and physical exams.

THE CANADIAN PRESS

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FRIDAY, APRIL 8
Manitoba Liquor & Lotteries Gala:
Customs & Integration
The Pantages Playhouse | 6:45 pm | Tickets: $37
HOSTED BY: Craig Lauzon
CAST: Dan Taylor, Vishal Ramesh, Dave Merheje, Nour Hadidi, Martha Chaves, Mark Heath
Manitoba Liquor & Lotteries Gala:
Truth Bomb
The Pantages Playhouse | 9:15 pm | Tickets: $37
HOSTED BY: Mary Walsh
CAST: Danish Anwar, DeAnne Smith, Peter White, Adrienne Fish, Pete Johansson, Simon King
GALAS
SATURDAY, APRIL 9
Manitoba Liquor & Lotteries Gala:
The 15th Anniversary Show
The Pantages Playhouse | 6:45 pm | Tickets: $37
HOSTED BY: Seán Cullen
CAST: Erica Sigurdson, Elvira Kurt, Nikki Payne, Darryl Lenox, Graham Clark, John Wing
Manitoba Liquor & Lotteries Gala:
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The Pantages Playhouse | 9:15 pm | Tickets: $37
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Rachel Lehmann-Haupt, 46, is seen with her son Alexander. The writer has a book out about women's fertility and reproductive technology. AMANDA MATHESON/CONTRIBUTED

Motherhood when ready

REPRODUCTION

Fertility book updated after author uses own expertise

Rachel Lehmann-Haupt starts her memoir with a breakup. She ends it with a baby.

In her newly updated book, In Her Own Sweet Time: Egg Freezing and the New Frontiers of Family, Lehmann-Haupt charts her decade-long journey of researching women's fertility, making decisions about having a baby as a thirty-something single woman and her roller-coaster ride in searching for Mr. Right. The mission sends her to meetings for Single Mothers by Choice, offices of fertility specialists, online for sperm shopping and on operating tables to retrieve her eggs.

Lehmann-Haupt, now 46 and a mom to a 3-1/2-year-old boy, was reached by phone from her home in California.

Where did you leave the book in 2009?

I was single still. I was living in New York at the time. I was 39 or 38, I'd had my eggs frozen and I was optimistic about the future. Recovered from a breakup and trying to figure out my next move, as I was on the runway to 40.

In terms of advances in IVF, what have you seen change from 2009 to now?

The really big progress that has been made is that in 2009, egg freezing was still considered experimental technology. In 2012 the American Society for Reproductive Medicine (ASRM) took off the experimental label and said it's a viable reproductive technology.

Where do you think the fertility landscape is going to go from here?

One in eight American couples now experiences infertility or has trouble sustaining a pregnancy. The Centers for Disease Control and Prevention (CDC) put out a report in January saying that the (mean) age of motherhood continues to rise.

The CDC also reported the birth rate for unmarried women has now declined, except among women 35 and older. I think that people are only going to lean more on advanced reproductive technology in the future.

How are things going for you and your son now?

Things are going great. And I'm not just saying that. I think that choosing to have a child on your own is challenging but I have a really good job and I'm a little older and I'm in a much stronger financial position to provide for Alexander. TORSTAR NEWS SERVICE

"I think that people are only going to lean more on advanced reproductive technology in the future."

ISTOCK

Don't expect a free meal and other first date rules

ROMANCE

Be your best the first time you meet

Sofi Papamarko
Torstar News Service

First dates are a lot like job interviews: exciting in theory, horrible in practice. The nerves! The pools of armpit sweat! The stilted conversation! The compulsion to start swiping on Tinder halfway through (don't worry, they won't notice)!

Unless you want to be alone forever, it's impossible to avoid the awkwardness and awfulness of first dates. That said, you certainly can avoid making the date awful for the other person. Here are some tips that will help you be a great first date and avoid becoming an eye-rolling cocktail party anecdote.

Ask questions

Pretty basic, right? Still, you'd be amazed at how many people will prattle on about themselves without asking their companion anything about their own lives. The whole purpose of a date is to get to know another person. How can you do that if you're bragging non-stop about your high school sports achievements? (But hey, congratulations on almost winning the rugby finals in 1998!)

Make eye contact

This is tougher for some people than for others, but making frequent eye contact is essential to creating an early bond with another human being. Your smartphone is indeed fascinating, but do what you can to occasionally meet your date's gaze.

Smell reasonable

Have you showered or bathed at any point in the last 48 hours? How about brushed or flossed? Go do that. Also, don't try to overcompensate for lack of hygienic ritual with perfume/cologne/body spray. If you're wearing enough of the stuff to become The Human Torch or asphyxiate a small yak, you're not probably making an ideal first impression.

Bank emergency conversation starters

Awkward silences happen. Before your date, come up with three or four conversation starters for when things lag. Lighthearted questions, pop culture references and current events are all great ways to resuscitate a conversation. Do not talk about the weather. Never talk about the weather.

Avoid mentioning your ex

The jettisoning of emotional baggage is for Dates 4 through 6.

Listen to what they have to say

Contrary to popular belief, social interaction isn't about waiting for your turn to talk.

Don't talk about your fertility window, openly fantasize about your future wedding and whether or not you'd consider hyphenating your last name/s or what your adorable future babies will look like

Your date will run far, far away — and will be right to do so.

You are not entitled to a free dinner

Or free drinks. Or a free movie. It's always nice when the other person treats, but this is an expensive city and buying dinners and movies and drinks for every new person you meet just isn't financially viable. That said, if you really liked them and you were the one to suggest the date, picking up the tab is a hero move.

Be polite to waitstaff

How people treat waitstaff is a great litmus test for how kind/respectful they are to other people in everyday situations. When someone is rude to the server, I end the date after appetizers. ("Really great meeting you!")

Embrace getting to know someone new

Maybe you're not attracted to them. Whatever! Instead of mentally checking out the second you realize a lifetime of passion isn't in the cards, embrace the opportunity to engage with a person who might have interesting stories to share or who might offer brave new perspectives you've never considered.

Sofi Papamarko is a writer and matchmaker who lives in Toronto. Reach her at hisofi@gmail.com

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metro SPORTS

By Thursday, after weeks of cross-country trips, the Rams franchise's move from St. Louis to Los Angeles should be complete

AHL

Moose shut out Stockton

Darrin Bauming
For Metro | Winnipeg

Brendan Kichton lit the lamp twice and Connor Hellebuyck turned away all 23 shots he faced for the Moose, as Manitoba blanked the Stockton Heat 3-0 Monday night at MTS Centre.

Hellebuyck's fourth shutout of the season is also his second in Manitoba's past three games.

The 22-year-old now holds an 8-13-1 AHL record to go with the 13-11-0 mark he recorded during his time with the Winnipeg Jets earlier this season.

Darren Kramer also scored for the Moose.

The depleted Manitoba roster is proving thin with six of their regulars currently on recall with the Jets — the struggling Moose have only come away with victories in two of their last eight games.

Manitoba (20-36-4-5) was officially eliminated from the AHL playoffs this past weekend and remain in last place in the entire league, entering Monday night with a .367 points percentage.

The Moose host the Heat again on Wednesday before welcoming the Charlotte Checkers to MTS Centre for a pair of matchups on Saturday and Monday.

Winnipeg's Jordan Herdman
SIMON FRASER UNIVERSITY HANDOUT/THE CANADIAN PRESS

Top student, top athlete

SIMON FRASER UNIVERSITY

Herdman's career could be doctor or linebacker

Jordan Herdman has become a master of time management.

The six-foot-two, 231-pound Simon Fraser middle linebacker has been the Great Northwest Athletic Conference's top defensive player the past two seasons. What's more, the Winnipeg native is carrying a 3.99 grade-point average in biomedical physiology kinesiology, leading all football players on the GNAC's all-academic squad.

Herdman's GPA is out of a possible 4.33, with the average undergraduate grade for his major being 2.7. But such excellence comes at a price — namely a lot of nights burning the midnight oil.

"It's very exhausting and tough," Herdman said during a telephone interview. "You've just got to be very disciplined in time management and make sure you're focused on getting those things that need to be done finished on time."

Herdman's day typically begins at 5:45 a.m. to make Simon Fraser's 7 a.m. football practice. After the two-hour session, Herdman has about 30 minutes to make the first of his two morning classes.

> **You've just got to be very disciplined.**
> Jordan Herdman

After a two-hour break, Herdman is off to a two-hour lab that begins around 1:30 p.m. When class is over, Herdman hits the gym at 5:30 p.m., arriving home around 8 p.m. After dinner, he's back in the books until about 1 a.m.

Herdman won't necessarily be finished studying upon graduation. He'd like to attend medical school and study radiology while also chasing a pro football career. Herdman is eligible for the 2017 CFL draft but also wants to pursue NFL opportunities.

"I'd love to play in the NFL, that's always been my dream, but I definitely want to try to pursue a pro career," he said. "I'd like to do both (med school and football) but I'd probably have to see just how demanding football was at the time. I think about it (pro football career) all the time."

Herdman — whose twin brother, Justin, is also an SFU linebacker carrying a 3.55 biomedical physiology GPA — was a finalist for last year's Cliff Harris Award, given annually to the top U.S. small college defensive player.

Jordan Herdman is two minutes older than Justin but the two are inseparable. Their father, James Reed, was a former NFL, USFL and CFL linebacker.

"They're very special human beings and if people could spend a day in their shoes and see the way they approach life, they'd see that," said SFU football coach Kelly Bates. "They have the grades that if they don't wish to play professional football they'll both be doctors … their time management skills are amazing."

THE CANADIAN PRESS

IN BRIEF

Crosby NHL's star of week
Pittsburgh Penguins centre Sidney Crosby has been named the NHL's first star of the week as he continues his resurgent second half of the season.

Cole Harbour's Crosby had two goals and five assists in four games as the Penguins (40-24-8, 88 points) extended their winning streak to six games. THE CANADIAN PRESS

Simmons to enter draft
LSU freshman forward Ben Simmons, who led the Tigers in scoring, rebounds and assists this season, says he is leaving the Tigers to turn pro.

Simmons, who made his announcement in an interview published Monday by ESPN, says he will soon hire an agent and enter the NBA draft, for which Simmons has been widely projected as a top overall pick.
THE ASSOCIATED PRESS

Rugby star dies at 35
The Canadian rugby community was left in shock Monday at news that former international John Cannon died Saturday at 35 of a suspected heart attack.

Cannon, a hard-nosed centre, was a member of Canada's squad at the 2003 Rugby World Cup and won 31 caps for Canada between 2001 and 2007. He played professionally in England for Rotherham, Doncaster and Coventry.
THE CANADIAN PRESS

RECIPE Tomato Soup

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Let's just get this out of the way: yes, it's a lot of garlic, Yes, roasting will turn the tomatoes and the garlic into caramel-y, sweet heaven and yes, you'll end up addicted to this soup.

Ready in
Prep time: 5 minutes
Cook time: 1 hour 20 minutes

Ingredients
- 8 plum tomatoes, halved
- 6 cloves garlic, peeled
- 3 Tbsps olive oil
- sprinkle of sea salt
- pinch of pepper
- 3 Tbsps butter, divided
- 1/2 cup of chopped sweet onion
- 4 cups vegetable broth
- 2 tsps fresh rosemary
- 1 Tbsp spelt flour

Directions

1. Preheat oven to 400. In a large baking dish, arrange tomatoes and garlic and then drizzle with olive oil, salt and pepper. Roast tomatoes for one hour, stirring occasionally. Remove dish from oven and allow to cool.

2. Meanwhile, put 2 Tbsps butter into a large saucepan over medium heat. Add onion and rosemary and sauté until onions are translucent. Add broth and tomato mixture. Cover and allow to simmer for about 20 to 25 minutes, stirring occasionally.

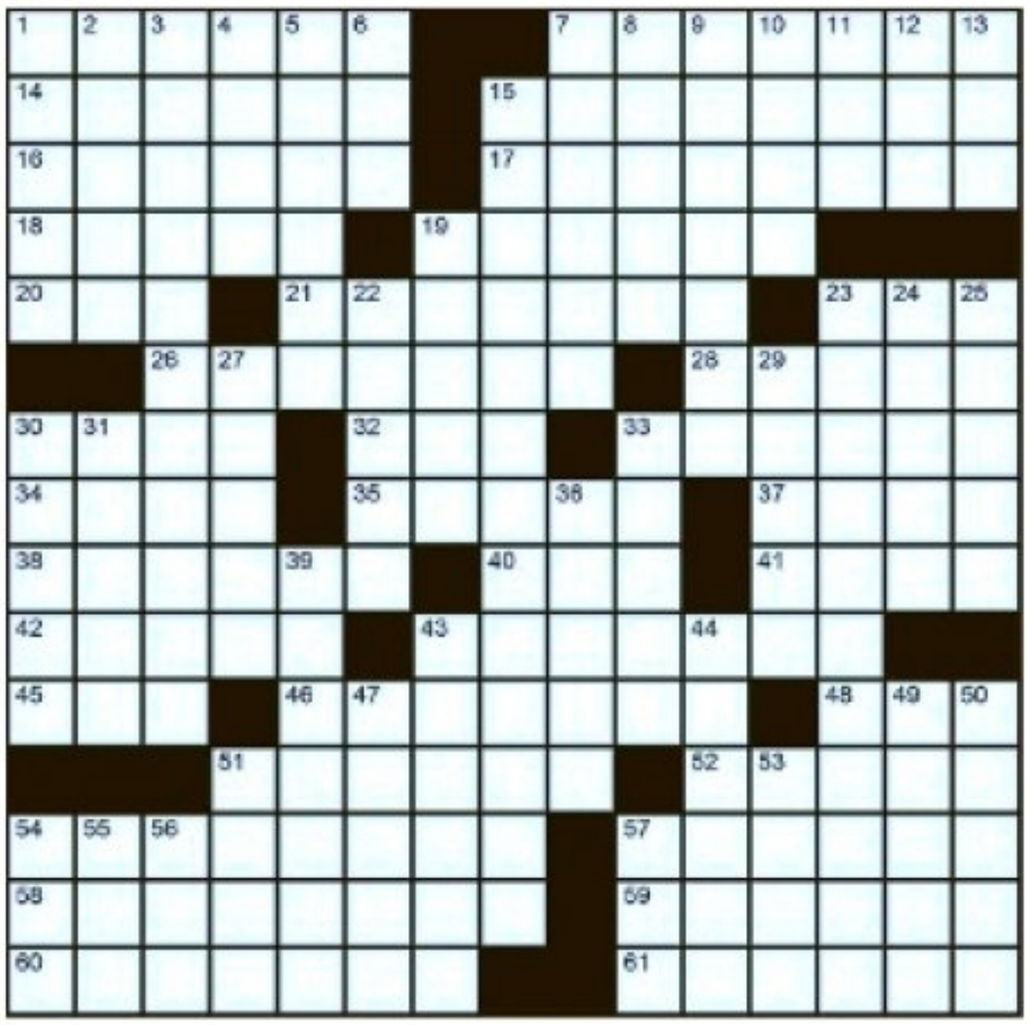
3. Working in batches, transfer soup into a food processor to puree. You can also use an immersion blender. Return soup to saucepan

4. In a small, separate frying pan, melt 1 Tbsp of butter over low heat. Add flour and whisk until blended. Blend roux into soup and season to taste with salt and pepper and simmer for another few minutes.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Alcove
7. "But of course!" in Paris: 2 mots
14. Above, in Montreal: 2 mots
15. Swordplays
16. Expresses
17. Adze, for one: 2 wds.
18. Retro toy, with Sketch: 2 wds.
19. Lawyer documents
20. Pastureland
21. Ontario/New York border river
23. "Heartland" network
26. Phil Collins band
28. Martin's first wife in Sinclair Lewis' 1925 novel Arrowsmith
30. Math subj.
32. Try
33. Full-scale
34. 'Import' suffix
35. Celebrate
37. Ron Howard role
38. Loan shark
40. Opposite WSW
41. Soaks flax
42. 43rd President Bush's nickname
43. Outfitted, knight-style [var. sp.]: 2 wds.
45. Y-ending word's plural suffix
46. Oranges brand
48. But, Latin-style
51. Mix the mixture more
52. San _, California
54. Group of Seven member: initials + surname
57. Agreement
58. Quebec: City situated on Lac Saint-Jean
59. Bug variety
60. Mr. Brule (17th-century explorer/interpreter in New France)
61. _ Creek, Ontario

DOWN
1. Party hearty
2. WWW memo
3. The Chatham, Ontario born pitcher at #15-Down won the National League Cy Young Award in 1971 when playing for what team?: 2 wds.
4. Apiece
5. Sitcom role for Betty (More at #44-Down): 2 wds.
6. Li'l roads
7. The _ (Belonging to news coverage providers)
8. Wrath
9. Glacier's frozen cascade
10. Doesn't stand
11. Yoko _
12. Actor Mr. Tognazzi
13. Geog. feature
15. As per #3-Down... Inducted in 1991, the first and only Canadian in the National Baseball Hall of Fame (More at #23-Down): 2 wds.
19. River drainage area
22. Drake's "Best _ _ Had"
23. As per #15-Down... New York State locale of the National Baseball Hall of Fame
24. Noise: French
25. Ms. Blanchett's
27. Manicure board
29. 'The gold' in Spain: 2 wds.
30. Spanish architect Antoni
31. Result
33. Australia's famous Rock
36. Broadcasting: 2 wds.
39. Gradually incorporates: 2 wds.
43. Chant
44. Mimsie, in 1970s TV producing: acr. + animal
47. Bernie Sanders, e.g.: 2 wds.
49. Mysterious
50. Uncertain
51. Rapini, aka Broccoli _
53. 'Height'-meaning prefix
54. Fruit drink
55. Particular plane
56. Marg's fave TV letters
57. Old Rome bronze money

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Tomorrow, the only Full Moon opposite your sign all year will occur. This is why you might feel tension when dealing with partners and close friends. Stay chill.

Taurus April 21 - May 21
Problems get worse just before every Full Moon. Then after the Full Moon peaks, they diminish. This is why you might feel tension on the job today before tomorrow's Full Moon.

Gemini May 22 - June 21
Parents need to be patient with children today, because they can feel the tension building up before tomorrow's Full Moon. Similarly, romantic relationships might suffer.

Cancer June 22 - July 23
Because the Moon is your ruler, you naturally feel tension building up today before tomorrow's Full Moon. You feel pulled between the demands of home and family versus the demands of your job or career.

Leo July 24 - Aug. 23
Be careful today. Mental and emotional distractions that build up today (before tomorrow's Full Moon) could make you accident-prone. Be aware!

Virgo Aug. 24 - Sept. 23
Avoid financial squabbles with others or arguments about something you own. If you wait until after the Full Moon peaks tomorrow, these matters will be less important. They might even disappear!

Libra Sept. 24 - Oct. 23
Tomorrow, the only Full Moon in your sign all year will take place. That's why today, you feel tension with partners and close friends. Be patient and tolerant.

Scorpio Oct. 24 - Nov. 22
It's important to know that difficulties with others, especially at work today, might be gone in 24 hours. That's because after tomorrow's Full Moon, things relax.

Sagittarius Nov. 23 - Dec. 21
Be patient when dealing with friends and members of groups today, whether casual get-togethers, classes, meetings or large conferences. People get touchy just before the Full Moon!

Capricorn Dec. 22 - Jan. 20
Tomorrow's Full Moon creates a quandary for you today. You feel like you can't please both your private world and your public world. (You can't ignore home and family.)

Aquarius Jan. 21 - Feb. 19
Today has an accident-prone energy for you because of the buildup of tension before tomorrow's Full Moon. Therefore, pay attention to everything you say and do. Be alert.

Pisces
Feb. 20 - March 20
Financial disputes might come to a head today. However, after the Full Moon peaks tomorrow, issues will be resolved.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

4			5			2		7
		5		9				
	7				8			3
5						3		
	8						7	
		6						1
3			4				5	
				6		8		
7		8			9			2

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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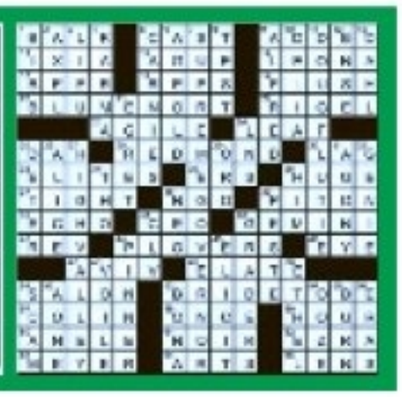
5	9	7	2	4	1	6	3	8
6	4	8	3	7	9	1	5	2
3	2	1	5	6	8	4	7	9
1	5	6	7	2	3	8	9	4
2	7	4	8	9	6	5	1	3
8	3	9	4	1	5	2	6	7
4	6	5	9	8	7	3	2	1
7	8	3	1	5	2	9	4	6
9	1	2	6	3	4	7	8	5



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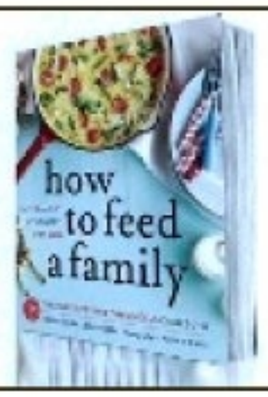

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